

Amendments to the Claims:

The following complete listing of the claims will replace all prior versions, and listings, of claims in the application. Claims 9 and 10 are allowed; Claim 6 is herein canceled, without prejudice; and Claims 1, 2-5, 7, and 8 are herein amended; as follows. No new matter has been introduced.

Listing of Claims:

1. (currently amended) An incremental weight system having a plurality of selectable weights, comprising:

an incremental weight stack having a plurality of incremental weights $[[;]]_1$ each of said incremental weights defining a slot;

a selector plate having a number of pins equal to a total number of said incremental weights with each pin uniquely corresponding to a single one of said plurality of incremental weights on a one-to-one basis so that each pin has a uniquely corresponding incremental weight and vice versa $[[;]]_1$ each of said pins positioned on said selector plate to uniquely engage said slot of said corresponding incremental weight $[[; \text{ and}]]_1$ said selector plate being proximate and adjacent said incremental weights so that said pins may selectably engage said slots and said selector plate being positionable so as to selectably and uniquely engage one or more of said incremental weights $[[.]]_1$

wherein said incremental weight stack offsets a radial distance from a center of said selector plate,

wherein each of said slots of said incremental weights is disposed at a different radial distance from said center of said selector plate,

wherein each of said pins is disposed at a different radial distance from said center of said selector plate, and

whereby displacing and turning said selector plate, individual ones of said incremental weights are engageable by a corresponding pin which is passable through a corresponding slot.

2. (original) An incremental weight system having a plurality of selectable weights as set forth in Claim 1, further comprising:

a chassis adapted to engage a selector weight stack;

a retaining plate;

a post slidably passing through said retaining plate and coupled at a distal end to said selector plate;

a biasing system biasing said post and said selector plate toward said incremental weight stack; and

a handle coupled to the post.

3. (currently amended) An incremental weight system having a plurality of selectable weights as set forth in Claim [[2]]1, wherein said biasing system further comprises[[.]] a spring.

4. (currently amended) An incremental weight system having a plurality of selectable weights as set forth in Claim [[2]]1, ~~further comprising:~~

wherein said selector weight stack ~~having~~ has a number of uniform weights;

wherein each of said incremental weights of said incremental weight stack ~~weighing~~ weighs approximately the same; and

wherein said chassis, said retaining plate, said post, said biasing system, and said handle ~~weighing~~ weigh approximately the same as an individual one of said incremental weights.

5. (currently amended) An incremental weight system having a plurality of selectable weights as set forth in Claim 4, ~~further comprising:~~ wherein each of said incremental weights ~~weighing~~ is approximately one-fourth (1/4) [[of]] the weight of one of said uniform weights of said selector weight stack.

Claim 6 (canceled)

7. (currently amended) An incremental weight system having a plurality of selectable weights as set forth in Claim 1, ~~further comprising:~~ wherein said incremental weight stack is supported by a stand.

8. (currently amended) An incremental weight system having a plurality of selectable weights as set forth in Claim 1, ~~further comprising:~~ wherein said selector plate is positionable so that it does not engage said incremental weight stack with any of said pins.

9. (original) An incremental weight system having a plurality of selectable incremental weights, comprising:

an incremental weight stack having a plurality of incremental weights of similar weight, said incremental weight stack supported by a stand, each of said incremental weights defining a slot;

a selector plate having a number of pins equal to a total number of said incremental weights with each pin positioned to uniquely correspond to a single slot in a single one of said plurality of incremental weights on a one-to-one basis so that each pin has a uniquely corresponding incremental weight and incremental weight slot and vice versa, said selector plate positionable so that it does not engage said incremental weight stack with any of said pins;

said selector plate being proximate and adjacent said incremental weights so that said pins may selectably engage said slots, said selector plate being positionable so as to selectably and uniquely engage one or more of said incremental weights with a corresponding pin, said incremental weight stack offset a distance from a center of said selector plate;

each of said slots of said incremental weights disposed a different radial distance from said center of said selector plate with each of said pins also disposed a different radial distance from said center of said selector plate such that by displacing and turning said selector plate, individual ones of said incremental weights may be engaged by a corresponding pin which is

passable through a corresponding slot;

a chassis adapted to engage a selector weight stack, said selector weight stack having a number of uniform weights;

a retaining plate;

a post slidably passing through said retaining plate and coupled at a distal end to said selector plate;

a biasing spring system biasing said post and said selector plate toward said incremental weight stack;

a handle coupled to the post;

said chassis, said retaining plate, said post, said biasing system, and said handle together weighing approximately the same as an individual one of said incremental weights; and

each of said incremental weights weighing approximately one-fourth (1/4) of the weight of one of said uniform weights of said selector weight stack.

10. (original) In a selector weight system having a number of similar selectable weights, a selectable incremental weight system, comprising:

an incremental weight stack having a plurality of incremental weights of similar weight, said incremental weight stack supported by a stand, each of said incremental weights defining a slot;

a selector plate having a number of pins equal to a total number of said incremental weights with each pin positioned to uniquely correspond to a single slot in a single one of said plurality of incremental weights on a one-to-one basis so that each pin has a uniquely corresponding incremental weight and incremental weight slot and vice versa, said selector plate positionable so that it does not engage said incremental weight stack with any of said pins;

said selector plate being proximate and adjacent said incremental weights so that said pins may selectably engage said slots, said selector plate being positionable so as to selectably and uniquely engage one or more of said incremental weights with a corresponding pin, said

incremental weight stack offset a distance from a center of said selector plate;

16 each of said slots of said incremental weights disposed a different radial distance from
said center of said selector plate with each of said pins also disposed a different radial distance
18 from said center of said selector plate such that by displacing and turning said selector plate,
individual ones of said incremental weights may be engaged by a corresponding pin which is
20 passable through a corresponding slot;

a chassis adapted to engage a selector weight stack, said selector weight stack having a
22 number of uniform weights;

a retaining plate;

24 a post slidably passing through said retaining plate and coupled at a distal end to said
selector plate;

26 a biasing spring system biasing said post and said selector plate toward said incremental
weight stack;

28 a handle coupled to the post;

said chassis, said retaining plate, said post, said biasing system, and said handle
30 together weighing approximately the same as an individual one of said incremental weights;
and

32 each of said incremental weights weighing approximately one-fourth (1/4) of the weight
of one of said uniform weights of said selector weight stack.